Teeth Whitening

Dental clinic website

Introduction

One of the most obvious aspects of a person's smile is their teeth. Teeth may become yellow or discolored over time as a result of aging, food, drink, and lifestyle choices. A common cosmetic dentistry technique for brightening teeth and restoring a more radiant smile is teeth whitening.

What is Teeth Whitening?

The technique of making teeth whiter by eliminating discolouration and stains from their surface is known as teeth whitening. It can greatly increase the brightness of teeth without permanently altering their original color.

Causes of Tooth Discoloration

Extrinsic stains, or stains on surfaces

caused by colored foods, tobacco, red wine, tea, and coffee.

Internal tooth discolorations

caused by illnesses like tetracycline, trauma, aging, or too much fluoride.

Stains Associated with Age

When enamel erodes over time, the yellowish dentin beneath is revealed.

Methods of Teeth Whitening

Professional Whitening in the Office

conducted by dentists with the use of potent bleaching chemicals, such as hydrogen peroxide.

Fast outcomes in one or two sessions.

Whitening at home (as directed by a dentist)

Dentists give custom trays with whitening gels.

When used properly, it is both safe and effective.

Products for Whitening Over-the-Counter

toothpastes, rinses, gels, and strips that whiten teeth.

less successful than expert techniques.

Natural Treatments (With Limited Results)

Oil pulling, baking soda, and activated charcoal.

Some superficial stains might be removed, but not severe discoloration.

Benefits of Teeth Whitening

improves look and smile.

increases self-esteem and confidence.

gives the appearance of youth.

cosmetic procedure that is non-invasive.

How to Maintain Whitened Teeth

Don't stain too many meals and beverages (wine, tea, and coffee).

Give up using tobacco and smoking.

Regularly brush and floss.

For regular cleanings, go to the dentist.

For upkeep, use whitening toothpaste.

Dental clinic

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